

VA



U.S. Department
of Veterans Affairs



Maryland Vet Centers

www.vetcenter.va.gov

Vet Center Call Center: 877-WAR-VETS (927-8387)

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Presenters



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Introduction



- Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their families.
- Readjustment counseling is offered to make a successful transition from military to civilian life or after a traumatic event experienced in the military.
- Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma.

Who We Are



- We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner. Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.



Eligibility



Any Veterans and Active Duty Service members, to include members of the National Guard and Reserve components, who:

- Have served on active military duty in any combat theater or area of hostility

Service in combat theater or area of hostility to include but not limited to:

World War II
(including American Merchant Marines)
Korean War
Vietnam War
Lebanon
Grenada
Desert Storm/ Desert Shield
Bosnia

Kosovo
Operations in the former Yugoslavia area
Global War on Terrorism
Operation Enduring Freedom
Operation Freedom's Sentinel
Operation Iraqi Freedom
Operation New Dawn

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Eligibility Continued



- Any era whom have experienced a military sexual trauma
- Provided direct emergent medical care or mortuary services, while serving on active military duty to the casualties of war
- Served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility
- Vietnam Era veterans who have accessed care at a Vet Center prior to January 1, 2004
- Vet Center services are also provided to family members of Veterans and Service members for military related issues when it is found aid in the readjustment of those that have served. This includes bereavement counseling for families who experience an active duty death or suicide.

Services



Readjustment counseling is a wide range of psycho social services offered to eligible Veterans, Service members, and their families in the effort to make a successful transition from military to civilian life. They include:

- Individual and group counseling for Veterans, Service members, and their families
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment and referral
- Employment assessment & referral
- VBA benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.

PTSD Treatment



- Individual, Couples, Family and Group Treatment
- Evidenced Based Treatment
 - Prolonged Exposure Therapy
 - Cognitive Processing Therapy
 - EMDR
 - Integrative Behavioral Couples Therapy
 - Reconciliation of Traumatic Memories

Vet Center Locations in Maryland



Aberdeen Outstation
223 W. Bel Air Ave.
Aberdeen, MD 21001
(410) 272-6771

Annapolis Vet Center
100 Annapolis St.
Annapolis, MD 21401
(410) 605-7826

Baltimore Vet Center
Commerce Center East
1777 Reisterstown Rd.
Suite 199
Baltimore, MD 21208
(410) 605-7826

Dundalk Vet Center
1553 Merritt Blvd.
Dundalk, MD 21222
(410) 282-6144

Elkton Vet Center
103 Chesapeake Blvd. Suite A
Elkton, MD 21921
(410) 392-4485

Prince George's County Vet Center
7905 Malcom Road. Suite 101
Clinton, MD 20735
(301) 856-7173

Silver Spring Vet Center
2900 Linden Lane
Silver Spring MD, 20910
(301) 589-1073

Salisbury Outstation
926 Snow Hill Road. Building #3
Salisbury, MD 21804
(410) 912-7262

NATIONAL DIRECTORY

https://www.va.gov/find-locations/?facilityType=veter_center



Mobile Vet Center



- The Mobile Vet Centers (MVC) of the Department of Veterans Affairs provide readjustment counseling and information resources to Veterans across the country.
- Like community-based Vet Centers, Mobile Vet Centers focus on services that help Veterans make the difficult transition between military and civilian life.



Vet Center Resources

- Vet Center Facebook Page: <https://www.facebook.com/VAVetCenters/>
- Vet Center Webpage: <https://www.vetcenter.va.gov/>
- Vet Center Call Center: 1-877-WAR VETS (1-877-927-8387)

The Call Center is an around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as family members of combat Veterans. The service is free for combat Veterans and their families so they may find resources they need at their nearest Vet Center.



Evidenced Based Treatments for PTSD

IN THE VA MEDICAL CENTERS, COMMUNITY BASED OUTPATIENT CLINICS AND VET
CENTERS

Important Websites

- ▶ <https://www.ptsd.va.gov/>
- ▶ <https://www.healthquality.va.gov/guidelines/MH/ptsd/VADoDPTSDCPGFinal.pdf>

2017: VA/DOD Clinical Practice Guidelines for the Management of Posttraumatic Stress Disorder and Acute Traumatic Stress Disorder:

- ▶ Eye Movement Desensitization and Reprocessing (EMDR)
- ▶ Prolonged Exposure (PE)
- ▶ Cognitive Processing Therapy (CPT)
- ▶ Brief Eclectic Psychotherapy (BEP),
- ▶ Narrative Exposure Therapy (NET)
- ▶ Reconciliation of Traumatic Memories (RTM)

What about other therapies?

- ▶ Stress Inoculation Training
- ▶ Dialectical Behavior Therapy
- ▶ Skills Training in Affect and Interpersonal Regulation
- ▶ Acceptance and Commitment Therapy
- ▶ Seeking Safety
- ▶ Hypnosis
- ▶ Brief Psychodynamic Therapy
- ▶ Supportive Counseling
- ▶ Integrative Behavioral Couples Therapy

Alternative Therapies

- ▶ Yoga
- ▶ Equine Therapy
- ▶ Tai Chi
- ▶ Sand Tray Therapy
- ▶ Art Therapy
- ▶ Mindfulness & Meditation
- ▶ Acupuncture
- ▶ Sound Therapy
- ▶ Biofeedback

Where can I get training or support?

- ▶ The VA developed the PTSD Consultation Program for Community Providers (vog.av@tlusnocDSTP), which offers free education, training, information, consultation, and other resources to non-VA health professionals who treat veterans with PTSD.
- ▶ The Center for Deployment Psychology
- ▶ Center for the Treatment and Study of Anxiety, University of Pennsylvania, Department of Psychiatry. Dr. Edna Foa.

<https://www.med.upenn.edu/ctsa/>

Intensive Workshop in Prolonged Exposure Therapy for PTSD with Dr. Edna Foa and faculty from the CTSA, April 8-11, 2019

- ▶ Equus Effect, Equine therapy certification
<https://www.theequuseffect.org/>